



NAMI Boise Presents:

Fall Classes Starting

Boise– September 14 Meridian–September 16

Caldwell– September 21

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises. -

See more at: <http://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family>



To register for a class, please contact our
Office Manager, Jennifer Stairs.

manager@namiboise.org

(208) 376-4304

Please register by September 1

Classes fill up fast.